

Maryville City Schools
Evaluation of Wellness Plan
Spring 2018

Goals	Compliance	In Progress	Not Complaint	Notes
Meet with School Advisory Council	✓			
Evaluation of Effectiveness of Wellness Program	✓			April 30, Reviewed
Commitment to Nutrition	✓			Future partnership w/ UT Ext.
Addresses Commitment to Physical Activity	✓			Planning PD for PE teachers
Address Curriculum	✓			
Commitment to Ensuring a Healthy School Environment	✓			

Sammy Hoopa

Director of Food Service

4-30-18

Date

Heather Liddetter

Coordinated School Health Coordinator

April 30, 2018

Date



School Health Advisory Council

April 30, 2018

**Maryville Junior High School
Faculty Dining Area, 9:00 am**



- 1) Welcome and Introductions
- 2) 2017-2018 Action Plan – Update
- 3) 2018-2019 Goals
- 4) Wellness Policy Review – Tammy Hooper, Coordinator of Student Services
- 5) Other Business



School Health Advisory Council

April 30, 2018

Maryville Junior High School

Faculty Dining Area, 9:00 am

Meeting Minutes



- 1) Welcome and introductions were made.
- 2) 2017-2018 Action Plan – Update
 - a) Professional development was organized for PE teachers on the recently revised PE standards.
 - b) Partnered with Maryville College and elementary cafeteria managers to promote eating fresh fruits and vegetables during National Nutrition Month (March).
 - c) PE teachers will be trained in the climbing gym during summer in-service.
 - d) TDOE Office of CSH was consulted on the recently revised health education standards.
 - e) Flexible seating has become part of our classrooms throughout all schools.
 - f) *PlusOptix*, new vision screening provided by the Lions Club, was used for grades PreK, K, 2, 4, and 6. CSH partnered with the school counselors and FRC on vision referrals and services.
 - g) CSH partnered with Elgin Foundation and the FRC to increase dental screenings, referrals, and treatment.
 - h) CSH partnered with the FRC to increase hearing referrals and treatment.
 - i) CSH partnered with the Blount County Health Department to offer a student flu vaccine program. We doubled our participation from the previous year.
 - j) Infectious illness prevention information as posted on the district website.
 - k) Maryville City Schools 32.7% of students were overweight or obese in the 2016-2017 school year compared to 34.9% in the 2015-2016 school year. See attached Tennessee Public Schools: A Summary of weight status data 2016-2017.
 - i) Overall, childhood obesity in Tennessee public schools remained steady from 2011-12 to 2015-16 school year, around 38.5 percent. There was a significant increase in the prevalence of overweight or obesity to 39.2 percent in the 2016-17 school year compared to 2015-16.
 - l) Stock epinephrine pens are available in each school. Stock epinephrine pens have been requested for Maryville Academy.
 - m) The Text-a-Tip program has expanded to the intermediate schools.
 - n) A vaping education campaign has begun at Maryville High School.
- 3) Staff Wellness Update
 - a) Health Checkin for 2018 includes biometrics and completing the Perceived Stress Survey.
 - b) Deadline is September 30, 2018.
- 4) 2018-2019 Action Plan
 - a) Maryville City School System will reduce childhood overweight/obesity rates.

- i) Focus will continue on increasing physical activity, comprehensive health education, family/community involvement, and healthy nutrition.
 - b) Maryville City School System will strengthen our health services infrastructure in all schools.
 - i) Focus will be on opioid antagonist training, emotional/mental well-being, and asthma education.
 - c) Maryville City School System will implement steps to reduce chronic absenteeism.
 - i) Focus will be on increasing participation in the student flu vaccine program and evaluating our school based therapy program.
- 5) Wellness Policy Review – Tammy Hooper, Coordinator of Student Services
- a) Participants were asked to review the MCS wellness policy according to the Healthy, Hunger-Free Kids Act guidelines that expanded The Child Nutrition and WIC Reauthorization Act in 2010.
 - b) Participants were asked to send any feedback to Tammy Hooper or Heather Ledbetter.
- 6) Other Business/Announcements
- a) The Maryville City Schools Foundation Rebel Run will be August 25th.
 - b) To register for the showing of the Resilience Film, email Becky Rials at brials@blountkids.org. The showing will be May 1st at Vienna Coffee House beginning at 6:30 pm.
 - c) State Representative Jerome Moon and State Representative Bob Ramsey provided a legislative update.

Maryville City Schools Board of Education

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10.14

The Board recognizes the link between nutrition, physical activity and learning. In order to implement overall wellness for students, all schools in the district shall follow the plan below.

Commitment to Coordinated School Health – All schools shall implement CDC's Coordinated School Health approach to managing new and existing wellness-related programs and services in schools and the surrounding community based on State law and State Board of Education CSH Standards and Guidelines.

The district's coordinated school health coordinator shall be responsible for overseeing compliance with State Board of Education CSH Standards and Guidelines in the school district. He/she shall register with the State Department of Education. The school district shall be responsible for developing and implementing goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.

10.14.1 School Health Advisory Council

An advisory council shall be established to serve as a resource to school sites for implementing policies. The council shall consist of individuals representing the school and community, including parents, students, teachers, school administrators, school board members, health professionals, school food service representatives, and members of the public. The primary responsibilities of the council include but are not limited to:

- Developing, implementing monitoring, reviewing and as necessary, making recommendations as to physical activity and nutrition policies;
- Ensuring that all schools within the district create and implement an action plan related to the modules from the School Health Index;
- Ensuring that the results of the action plan are annually reported to the council; and
- Ensuring that school level results include measures of progress on each indicator of the School Health Index.

The State Board of Education's CSH and Physical Education Policies shall be used as guidance by the council to make recommendations. The Board may consider recommendations of the advisory council in making policy changes or revisions.

10.14.2 Evaluation of Effectiveness of Wellness Program

The Board shall monitor the effectiveness of the school wellness program within a wide-range of student constituency groups. Factors to be considered can include, but

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are not limited to:

- Participation rates in school meal programs;
- Nutrition satisfaction surveys;
- Frequency and types of health problems which include medical issues, mental/emotional and behavioral health;

10.14.3 Commitment to Nutrition

The school principal/designee shall be responsible for overseeing the school's compliance with the State Board of Education Rules and Regulations for sale of food items in the school. Healthy nutritional habits shall be encouraged. All food including vending machines, fundraising items, and concessions must meet guidelines set forth by United States Department of Agriculture (USDA).

The school nutrition coordinator shall be responsible for overseeing the school district's child nutrition programs: National School Lunch Program, the School Breakfast Program, the Summer Food Service Program, and the After School Snack Program. All schools within the District shall participate in the USDA child nutrition programs. Schools will market and advertise foods and beverages that meet the Smart Snacks in School nutrition standards.

10.14.4 Commitment to Physical Activity

The Board recognizes that physical activity is extremely important to the overall health of a child. Schools shall support and promote physical activity. Physical activity may be integrated into any areas of the school program. Physical Education classes shall be offered with moderate to vigorous physical activity being an integral part of the class. Students shall be encouraged by staff whenever possible to be physically active.

10.14.5 Curriculum

All applicable courses of study should be based on Lifetime Wellness Curriculum Standards, the K-8 Healthful Living Curriculum Standards, and the K-12 Physical Education Curriculum Standards. 2

10.14.6 Commitment to Ensuring a Healthy School Environment

The Board strives to ensure that all schools offer healthy, safe, and supportive environments for students, staff, parents, and visitors. To further this goal, the Board and each school shall implement all state and federal laws and regulations to the development, curriculum, services, standards, staffing, and assessment of wellness programs.

